

Edmonton's Strategy for Community Mental Health is seeking new, lived experience members for its Council for Community Mental Health.

This is a Call for Expressions of Interest.

About the role:

If you are an individual with lived experience of mental health challenges, the Council for Community Mental Health has an exciting opportunity to make a difference in the delivery of community mental health supports in the City of Edmonton. This is a two-year position, with participation at an average of 6 hours/month, in which you will be working as a member of The Council for Community Mental Health (CCMH). Council members help set directions for community-based mental health programs, services, and system improvements leading to better experiences and outcomes for people, families, and communities.

In this role, you would bring your voice of Lived Experience to the table with 11 other members to govern the [Strategy for Community Mental Health \(SCMH\)](#), an initiative co-led by CMHA Edmonton Region, the United Way of the Alberta Capital Region, and the City of Edmonton. You will do this by collectively identifying the necessary steps towards community health and wellbeing efforts, including mental health and suicide prevention. You will meet a minimum of twice per month, with occasional council related activities such as subcommittee work, blueprinting sessions, action planning workshops, and community presentations.

The Council for Community Mental Health is supported by Canadian Mental Health Association Edmonton.

CCMH Member Responsibilities

- Model our guiding principles and values of Kindness, Honesty, Sharing, and Strength;
- Attend scheduled Council for Community Mental Health meetings (accessible meeting options are available);
- Participate in projects/sub-committees between meetings when able;
- Provide constructive advice and guidance;
- Review meeting materials prior to meetings;
- Respect diversity and differing opinions;
- Work collaboratively with the staff and facilitators of work for the Strategy for Community Mental Health.

What are we looking for?

- Lived and living experiences of mental health illness/diagnosis, addiction, or other mental health challenges
- Eligibility for membership may also include, but is not limited to:
 - First Nations, Métis, Inuit (FNMI) or other Indigenous identity
 - Diverse cultural identity
 - Immigrants / newcomers
 - Gender identity
 - Sexual orientation
 - Diverse age groups i.e., youth, seniors
 - Family and caregivers
 - Addictions experience
 - Suicide experience
 - Experience with ability and / or literacy challenges
 - Involvement with justice system
 - Socioeconomic / class experience
 - Homeless or houseless experience
- Values differences, recognizing the value that different perspectives and cultures bring to an initiative.
- Drives engagement, creating a climate where people are motivated to do their best to help the initiative achieve its objectives.
- Strong interpersonal skills, relating openly and comfortably with diverse groups of people.
- Demonstrated awareness of personal mental wellness needs and the ability to implement effective self-care strategies
- Awareness and understanding of community-based mental health and suicide service providers/services in the Edmonton region.
- Awareness and understanding of peer led and Lived Experience community practices.
- Awareness and understanding of Truth and Reconciliation and of Equity, Diversity, Inclusion, and Indigenization practices.
- Knowledge and understanding of community development principles and the social determinants of health.
- Consideration will be primarily given to people with lived and living experience who live, work, volunteer, or go to school in the greater Edmonton area
 - For individuals who may live outside of greater Edmonton and area, a demonstrated connection to the community needs to be shown
- Other considerations may include:
 - Capacity to share your story;
 - Experience as a peer worker / peer supporter in community;
 - Skill set – public speaking, writing, caregiver, and frontline experience;

- Employment experience;
- Diversity of geographies – inner city, urban, suburban, rural origin.

We provide compensation of \$30.00/hr for time spent doing activities in this role, plus reimbursement for mileage, parking, and other transportation related expenses.

Council members may choose to opt out of payment.

To apply, please submit a résumé /letter/video of interest outlining lived and relevant experience to:

Blake Loates and Dillan Tran
bloates@cmha-edmonton.ab.ca
Community Mental Health Strategy Facilitator
Canadian Mental Health Association

For inquiries related to this position please contact the above email address.

Closing Date: Saturday, May 31, 2025